

ENTERTAINMENT / D1

Dollywood: Sunshine not bothered by Buboy & Gwen's sexy scenes



METRO / A21

Smith still in Makati jail; judge asks for more time to resolve custody issue

ACROSS / A17

Labor leader killed outside semiconductor factory in Cavite

SPORTS / A20

RP assured of first gold in billiards

Ex-Chilean dictator Pinochet dies at 91

SANTIAGO, CHILE—GEN. AUGUSTO Pinochet, who terrorized his opponents for 17 years after taking power in a bloody coup, died on Sunday, ending a decade of intensifying efforts to bring the former military dictator to trial. He was 91.

Pinochet died with his family at his side at the Santiago Military Hospital on Sunday, a week after having a heart attack.

EX-CHILEAN/ A4

PHILIPPINE DAILY
INQUIRER
BALANCED NEWS, FEARLESS VIEWS

Tuesday, December 12, 2006 ★★ 4 sections / Vol. 22 / No. 4 P18 website: inquirer.net

Nontoxic toys top group's Yuletide gifts

DEAR SANTA, NO TOXIC toys this Christmas, please.

Environmentalists yesterday urged parents, godparents and other gift-givers to carefully examine the labels on toys that they

NONTOXIC/ A4



GMA allies retreat, shelve Con-ass plan

All in the spirit of Christmas, says House majority

By Michael Lim Ubac

UNDER FIRE FROM various sectors, President Macapagal-Arroyo's allies in the House of Representatives yesterday announced they were shelving a plan to revise the Constitution through a constituent assembly (Con-ass).

Emerging from a three-hour caucus, Speaker Jose de Venecia announced on the floor that the House majority was scuttling Con-ass as a mode of revising the Constitution and was instead proposing a constitutional convention (Con-con) whose election for delegates would coincide with the May 14, 2007, balloting.

"We are not insensitive to public opinion," De Venecia said. "The shift to Con-con as a mode of revising the Charter, he said, should "put an end to this emerging division in our society."

He said that it was the majority's "choice on the eve of Christmas to unite the country and the Filipino people."

But Majority Leader Prospero

GMA ALLIES/ A8





HOUSE Minority Leader Francis Escudero speaks during a picket against Con-ass outside the Batasan. At right, Senate President Manuel Villar presents the Senate resolution opposing the proposed House-only constituent assembly.

Bishop urges AFP soldiers: Join rally

By Christian V. Esguerra and Philip C. Tubeza
In Manila
and Jhunnex Napallacan
Inquirer Visayas

SAVING THE CONSTITUTION was being "ravaged by the interest of private individuals," a Catholic bishop yesterday called on the military to support the Church-led prayer rally against efforts by administration lawmakers to overhaul the Constitution.

"Maybe it's time for the soldiers who were called and sworn to defend the people and the Constitution to listen and join the people," Novaliches Bishop Antonio Tobias said in a homily at St. Peter's Parish Church on Commonwealth Avenue in Quezon City.

The Catholic Bishops Conference of the Philippines (CBCP) has moved the holding of the prayer rally at the Quirino Grandstand in Manila against the constituent assembly being pushed by the House of Representatives from Dec. 15 to Dec. 17.

BISHOP URGES/ A6

Not the time to Cha-cha, legal experts tell Senate

By TJ Burgonio

LEGAL EXPERTS YESTERDAY told a Senate committee that President Macapagal-Arroyo's move to tinker with the Constitution should not be carried out now under an atmosphere of "partisan strife."

During the daylong Senate hearing, retired Supreme Court Associate Justice Vicente Mendoza and former Ateneo Law dean Fr. Joaquin Bernas said the country's fundamental law should be amended or revised in a deliberate manner in an atmosphere of sobriety.

By amending its rules to short-cut the process of passing a resolution convening Congress into a constituent assembly (Con-ass), the House of Representatives had just provided the biggest argument against a parliamentary system, said Bernas, a member of the commission that drafted the 1987 Constitution.

If at all, a referendum should be held simultaneously with the May 2007 elections or much later with the 2010 presidential elections, on whether the people agree to Charter change (Cha-cha) via Con-ass or a constitutional convention (Con-con) after a massive public information drive, Bernas and Mendoza said.

"There may be a need for change," said Mendoza. "This is not the time. The times do not seem to be propitious.

"There's so much partisan strife, which is the enemy of

NOT THE TIME/ A6



THESE ARE TEARS of joy for Mauricio Marcelo after she was named the first "Philippine Idol," beating Jan Nieto (left) and Gian Magdangal.

Lucena singer chosen first 'Philippine Idol'

By Maricel R. Cruz and Delfin T. Mallari Jr.
Inquirer Southern Luzon

"WINNING MEANT I WON'T EVER have to ride the tricycle on my way home again. With my prize money, I'd be able to buy myself a secondhand car."

Mauricio "Mau" Marcelo, 26, was declared the first Philippine Idol on Sunday night. The singer from Lucena City also won P2 million in cash, a recording deal with Sony-BMG Records, a house-and-lot, talent management contract with ABC Channel 5 worth another P1 million and a management contract with Fremantle Media, producer of the singing reality search program.

ABC 5 acquired the franchise for the "Idol" talent contest—now held in 35 countries—from the UK-based Fremantle Media.

Marcelo, a band vocalist, was among the three contenders for the title. The others were theater actor Gian Carlo Magdangal and employee Jan Nieto.

The grand finale of the search that started in June was held at a

LUCENA/ A16

200-truck relief caravan heads for Bicol

By Dona Pazzibugan and Inquirer Visayas

LADEN WITH FOOD, MEDICINE AND CLOTHING, a convoy of more than 200 trucks rolls off toward Bicol today to bring relief to tens of thousands of people severely affected by Supertyphoon "Reming."

The relief caravan—dubbed "Malasakitang to Mayon Mercy Mission"—is setting out for Bicol in the wake of another typhoon which pummeled the Visayas over the weekend, and a near-disaster at sea yesterday involving a boat packed with tourists.

The Coast Guard said all 104 people aboard the MB Bitan, including five foreigners, were rescued when the motorboat sank in choppy seas on its way from the Puerto Galera resort to Batangas City.

Passengers grabbed life vests and jumped into the sea after water knocked a portion of the boat, survivor Ronald Yuen told GMA television. Rescue vessels picked them up soon after.

"The waves were big and we could hear the outrigger cracking," Yuen said. "The back part of the boat was ripped and water rushed in."

200-TRUCK/ A18

'Old town' for posterity, says developer

By Tonette Orejas
Inquirer Central Luzon

(Second of two parts)

BAGAC, BATAAN—REAL ESTATE developer Jerry Acuzar's vision of creating a pueblo (old town) on his 50-hectare seaside property here is not hinged on commercialism.

For the 50-year-old Acuzar, the project goes beyond collecting old houses. Neither is he building a museum-like village or erecting a moneymaking resort.

"This is not a commercial project. This is for the country, for the children now and future children. Sana may mapkita silang ganito sa sariling nating pagmamahal sa heritage. (They have to see the care that there's no appreciation for heritage.) They have to see

OLD TOWN/ A8

SPECIAL REPORT



RESIDENTS of Barangay Pio in Porac, Pampanga, do not want this 143-year-old chapel to be uprooted and transferred to the rising "old town" of ancestral houses in Bagac, Bataan.



WEATHER FORECAST

Alleged Al-Qaida bank account frozen

By Armand N. Nocum

THE COURT OF APPEALS HAS FROZEN THE BANK account of the Saudi-based International Islamic Relief Organization (IIRO), which is in the Bank of the Philippine Islands and believed to be a source of funding for the international terrorist network Al-Qaida and affiliated groups like the local Abu Sayyaf.

[illegible]

Those dissatisfied with GMA still a constant number

[illegible]

'Bono' charges Con-ass solons with graft

[illegible]

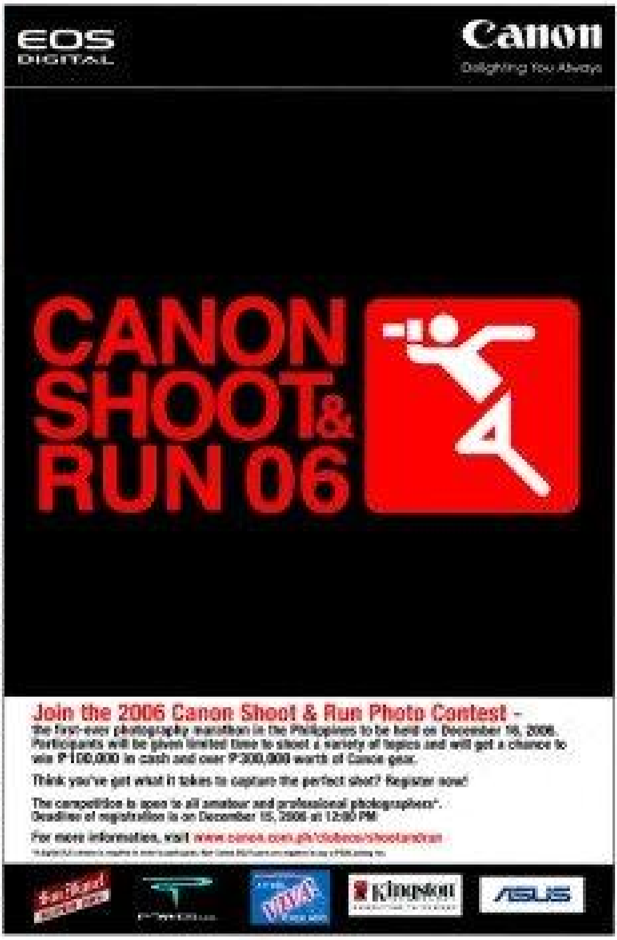


AT LEAST THEY FINISHED THE VENUE ON TIME. [illegible]

New Asean meet sked up to leaders, says Malacañang

By [illegible]

[illegible]

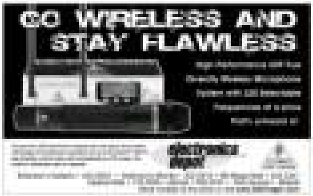


Trillanes finally registers

[illegible]




Opportunity knocks
but once.
Read it every Sunday with the
Philippine Daily Inquirer
JOB


GO WIRELESS AND
STAY FLAWLESS
electronics depot

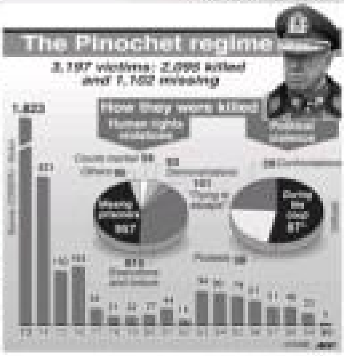

KING JAMES
AUCTION
ON-SITE AUCTION
SITE: FORMER EDISON POWER PLANT
AUCTION DATE: DEC. 14, 2006
"PHASE 2 GROUND ZERO DEMOLITION"
WE BUY FACTORIES AND MANUFACTURING PLANT


Silverline Edition.
3D
New Generation
The Quality You Trust Now Made Even Better
Perfect Holiday
Gifts!


SLIMMERS
WORLD
GREAT BODIES. GREAT SKIN.
BUY 1 MONTH
GET 1 MONTH
FREE!!!
FOR ENROLLEES TODAY!
TO GET YOU STARTED
FREE! TRIAL PERSONAL TRAINING
ALL THE LATEST AEROBICS!
NO JOINING FEES! CREDIT CARD OPTION AT 0%
LOSE 16 INCHES IN ONLY 60 MINUTES
AND ALL YOUR CELLULITE WITH
BODY METRICS
SAVE TODAY! FOR FIRST 25 ENROLLEES
BUY 16 TREATMENTS GET 16 FREE
MESOTHERAPY
CALL US: 536-3333
FITNESS & SKIN HOTLINE
MOBILE NUMBER 091-SLIMMERS
(75466377)

Ex-Chilean dictator Pinochet …

'Criminal has departed'



Chile's sectors

Allende's mistake

Rebuilding economy

Bishop urges AFP soldiers …

Cha-cha trough Con-con

Vigil, noise barrage

Sanctuary to a fugitive

DOJ warns state employees



I love her no matter what. I guide her in every way possible.

Today's young generation can acquire a virus that can lead to cervical cancer. G.U.A.R.D. against it.

Gather information. Millions of young women may acquire a virus they don't even know about. It's called Human Papillomavirus (HPV) and certain types can cause cervical cancer.[1,2] Find out more. Call hotline numbers 878-6338 or 1-800-1-888-6737 for inquiries.

Understand the risks for acquiring the HPV infection that can lead to cervical cancer and be in a better position to discuss the disease with your daughter.

Acknowledge the truth. In the Philippines, cervical cancer was the second leading cause of cancer death in women in 2004.[3] In 2005, 7,277 new cases and 3,807 deaths due to cervical cancer were estimated to have occurred (approximately 10 Filipino women deaths each day due to cervical cancer).[3]

Reach out to other mothers. You can help prevent the development of cervical cancer or better yet help protect other people's daughters by spreading this information.

Discuss prevention. Your Ob-Gynecologist or your daughter's Pediatrician can discuss ways to help prevent cervical cancer.

References:
[1] Uterine Cancer in: Harrison's Internal Medicine 2005, accessed online at http://www.accessmedicine.com
[2] Pagliusi S. WHO Vaccine Research and Development. Downloaded from http://www.who.int/vaccines/en/hpvrd.shtml
[3] Laudico A, Esteban D, Redaniel T et al. Philippine Cancer Facts and Estimates 2005. Publication by the Philippine Cancer Society, Inc.

MOMS ON G.U.A.R.D.

AGAINST CERVICAL CANCER

A Health Information Program of MSD

GMA allies retreat, shelve Con-ass plan

Not the time to Cha-cha, legal experts tell Senate





Nontoxic toys top group's Yuletide gifts

'Old town' for posterity, says developer

Senate to GMA: Forget Cha-cha, let's pass '07 budget

By TJ Burgonio and Philip C. Tubeza

'Better to give than to receive,' year-round, gov't workers told

By Leila B. Salaverria



Globe and OWWA honor Model OFW Families

An overachieving nurse from Batangas and her engineer husband, a dockworker from Bacolod who wouldn't be denied a college education, and **an engineer from Jolo** who was an OFW long before the term was coined were this year's principal honorees at the Model OFW Family of the Year Awards (MOFYA).

They each won a **Camella house and lot**, a **Globe Autoload Max retailership** and a **trophy**, among other prizes, from the Overseas Workers Welfare Administration (OWWA) and Globe, major supporter of the event.

Nominees had to meet strict criteria: at least four years of OFW experience for the head of the family; a college degree for at least one child in the family; a solid reputation in the community; and good management of overseas earnings with sustained income from investments or any legitimate entrepreneurial activity. After a daunting screening procedure, seventeen regional winners were chosen and out of them, three families emerged as the Model OFW Families of the Year.

From OFW nurse to outstanding civil servant





From ship electrician to successful businessman





From pioneer OFW engineer to community leader

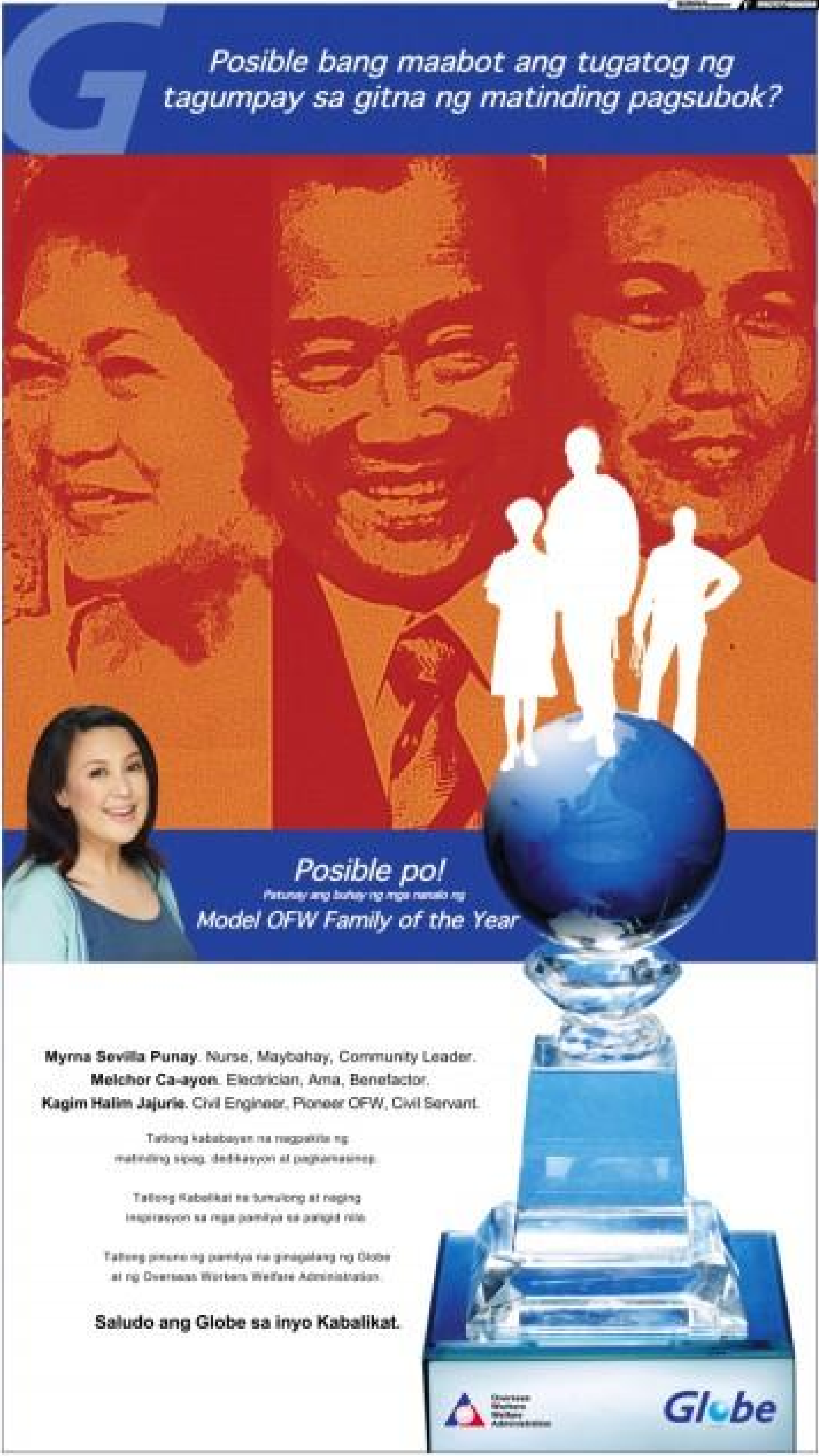




Globe also congratulates the 14 outstanding regional finalists:

Three different families with three different stories. All driven by a dream of a better future. The same dream that drives over 10 million Filipinos abroad every year. And the great thing is wherever their dreams may take them, Filipinos can always rely on Globe to stay close to the families they leave behind. And the families who stay behind can always rely on Globe to help them stay connected to the ones they love abroad.

opo, Kabalikat, ang lakas mo sa Globe


Posible bang maabot ang tugatog ng tagumpay sa gitna ng matinding pagsubok?
Posible po!
Model OFW Family of the Year
Myrna Sevilla Punay. Nurse, Maybahay, Community Leader.
Melchor Ca-ayon. Electrician, Ama, Benefactor.
Kagim Halim Jajurie. Civil Engineer, Pioneer OFW, Civil Servant.
Tatlong kababayan na nagpakita ng matinding sipag, dedikasyon at pagkamasinop.
Tatlong Kabalikat na tumulong at naging inspirasyon sa mga pamilya sa paligid nila.
Tatlong pinuno ng pamilya na ginagalang ng Globe at ng Overseas Workers Welfare Administration.
Saludo ang Globe sa inyo Kabalikat.

PHILIPPINE DAILY INQUIRER

OPINION

Giving

EDITORIAL

Waiting



Santa's 'mothballs'

VIEWPOINT

Juan L. Mercado

Day of reckoning

THERE'S THE RUB

Conrado de Quiros

Long odyssey of House Cha-cha effort

POLITICAL TIDBITS



Belinda Olivares-Cunanan

The first 'Philippine Idol'

AT LARGE



Rina Jimenez-David

Bush's last chance

WORLD VIEW

Shlomo Ben-Ami

Freedom from pain

YOUNG BLOOD

Mel

In search of idols in education

LETTERS

Magician belies claims in Licauco columns



THE DAY after supertyphoon "Reming" finds a survivor drying clothes near his home in Brgy. Padang, Legazpi City.

While Bicolanos suffered, their representatives debated in Congress

The genuine LP director general

RP-US ties influenced verdict in rape case



200-truck relief caravan heads for Bicol

Donors thanked

67 boats destroyed

Destructive typhoons

Visayas losses



TYPHOON "Seniang" struck this seaside community in Bogtong, Albay...

Lucena singer is 'Philippine Idol'

Public voting

Undaunted by criticisms

Big 3

Three songs

4 students beat 68 others to clinch this year's edition of National Quiz Bee

Leakage scandal doesn't faze alien nursing students

THE DAILY GOSPEL

Across the NATION

Labor leader gunned down in Cavite

CAMP VICENTE LIM, LAGUNA—A LEADER OF A MILITANT workers' group was shot dead by a lone gunman in front of the gate of a semiconductor factory where he formerly worked in Imus, Cavite on Monday morning, police said.

MILF encouraged by Bush backing for peace talks

COTABATO CITY—THE MORO ISLAMIC LIBERATION FRONT (MILF) welcomed US President George W. Bush's promise to speed up development aid to Mindanao once government and the rebel group signed a peace deal.

Students tapped in war on abuse of gov't cars



FROM JUNK TO DECOR

Coal mining companies vow to be transparent

Blast fishing rampant in Bataan town; protests held

UK-based animal welfare group seeks stop to RP dog meat trade

212 cases of abuse of housemaids by employers listed in W. Visayas

Bayan Muna says break-in at office work of military



RIGHT TO BREASTFEED

Power restoration in typhoon-hit areas under way

By Abigail L. Ho



Hope is message at shelter for typhoon victims





Rains won't dampen Fil-Ams' lantern festival in San Francisco



SPORTS

EZ2 FOUR DIGIT SUERTRES

MEGALOTTO 6/45
₱24,299,780.40



JOAN TIPON ... over Thailand's ... in their 54-kg semifinal match in boxing at the Aspire Sports City, Doha, Qatar.

Tipon advances to finals; Bibat snares bronze

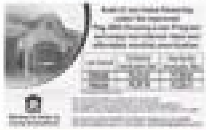
By Ted S. Melendres, Sports Editor

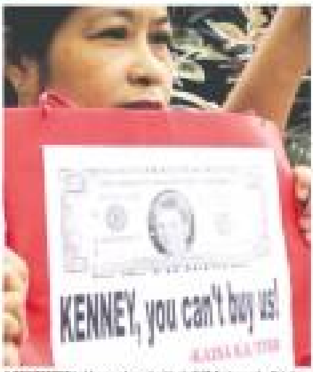
DOHA, QATAR—MICHAEL BIBAT BIRDIED THE FIRST TWO holes in the back nine to catch a Singaporean and a South Korean ace in third place and then held on to bag the bronze medal at the close of the golf competition yesterday in the 15th Asian Games here.



More Sports on A25 to A28

A plus METRO





A PROTESTER holds up a placard critical of US Ambassador Kristie Kenney who has signed an agreement with Justice Secretary Raul Gonzalez for the return of Lance Cpl. Daniel Smith, who has been convicted for rape, to US custody.

Smith remains under detention in Makati jail

With new issues raised, judge asks for more time

By Tarra V. Quismundo

'No mechanism to check on Smith at US Embassy'

MetroBriefs

Fake watches seized in Quiapo

Studes back to school after chemical spill case

By Tarra V. Quismundo



A TEACHER at the San Isidro National High School in Makati City greets her students after classes resumed yesterday. The school was closed for two weeks following a chemical spill incident inside its science laboratory.

Working permits for men, too

By Edson C. Tandoc Jr.

San Juan fire kills 1; blaze traced to 'overused' fan

By Edson C. Tandoc Jr.

INC brings GMA to the ground

ON TARGET

Ramon Tulfo



[illegible]

Arraignment of stude linked to poisoning case reset anew

[illegible]

Smith remains under detention ...

[illegible]

DID YOU KNOW

[illegible]

Lebanon deal seen after mass protests



Australia announces citizen test for migrants

WorldBriefs

N. Korea nuke talks to resume Dec. 18

Fiji coup leader warns against dissent

Gunmen kill 3 sons of Abbas aide in Gaza

Aceh votes to decide life after war

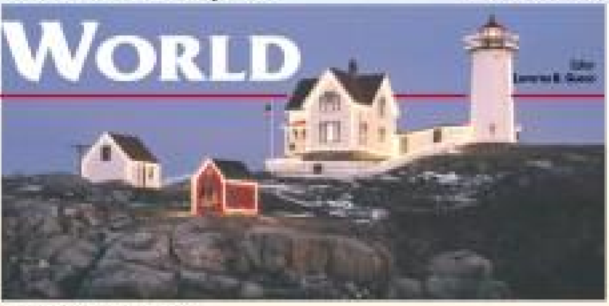


Dem's Obama tests presidential waters

Germans probe Russian trader in polonium case

After Katrina, Latino baby boom

The WORLD



CHRISTMAS CHEER ON THE ROCK

Bush begins new consultations on Iraq



Arab states announce nuclear energy ambitions

RIYADH—GULF ARAB COUNTRIES WANT TO acquire nuclear energy capability and have ordered a study on a possible joint atomic program, a statement issued at the close of a two-day Gulf Cooperation Council summit said on Sunday.



Iran hosts disputed Holocaust confab

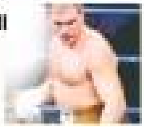


WHAT'S INSIDE
■ Suns shine; Kobe strikes for Lakers /A28

SPORTS

Editor Teddyvic S. Melendres

■ Maskaev still WBC champ after beating Okhello /A28



Payla eyes gold vs old Thai foe



By Ted S. Melendres, Sports Editor



RP ties Syria chessers, keeps faint hopes alive





RP Sked Dec. 12

2006 ASIAN GAMES MEDAL TALLY

Top Filipino gymnast aims for '08 Olympics

By Jun Ramos





MARESTELLA TORRES

GTK's crack jumpers now all tourists

By Ted S. Melendres

[illegible]

Pugs will win with rags for shorts–Lopez

By Ted S. Melendres

DOHA, QATAR—THE BOXERS WILL FIGHT AND GET THE GOLD even if they have to wear jerseys and pairs of shoes which may have seen better days.

[illegible]

Old pair of shorts

[illegible]

Uniform supplier

[illegible]



[illegible]

Early riser Liu qualifies for 110-m hurdles final

[illegible]

Taekwondo jins set sights on Olympics

By Marc Anthony Reyes

[illegible]



[illegible]

Sermona sticking it out in long distance events

By Jasmine W. Payo

[illegible]

Hapee aims to rebound against Magnolia today



Jinggoy leaves it all to MVP

IN HUDDLE



N. Cotabato five gains NBC semis

SPORTSWATCH

Bumgarners don RP colors in Asian karting



Swedes break swim record

[illegible]

SPORTS



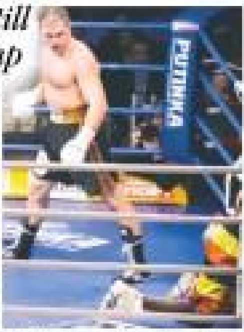
LAKERS' Kobe Bryant (center) defies the defense put up by Spurs' Bruce Bowen (left), Tim Duncan (right) and Manu Ginobili during their game Sunday. AP

Suns shine; Kobe strikes for Lakers

[illegible]

Maskaev still WBC champ

[illegible]



OLEG Maskaev towers over fallen challenger Peter Okhello. AP

Germany cops World Cup

[illegible]

BUSINESS

Editor: Raul O. Marcelo • Assistant Editor: Carvin S. Marlonne

Japanese group bags Mirant plants in RP

Marubeni, Tokyo Electric offered $3B for assets

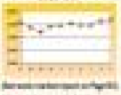
THE JOINT VENTURE BETWEEN MARUBENI CORP AND Tokyo Electric Power Co. (Tepco) has won the bidding for Atlanta-based Mirant Corp.'s Philippine power plants.

PNOC unit raises ₱16.7B from IPO

CURRENCIES



STOCK MARKET



Stocks close higher

IN THIS ISSUE

Politics threaten the market

MR. BEARBULL





Japanese group ...

From page B-1

PNOC unit ...

From page B-1

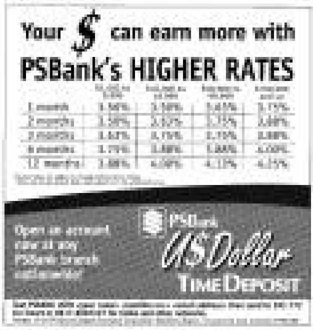
Stocks close higher

From page B1

Sun Life mutual fund sales up

[illegible]











Oh my gas

BREAKTIME
Conrado R. Banal III

Appetite stays strong for risk-free T-bonds

Vehicle sales edged up in Nov.

Assemblers this year hope to exceed overall turnover in 2005

By Ronnel W. Domingo



HIGHLY STRUNG

RP allows entry of meat from France

By Christine A. Gaylican

PDIC to convert UCPB loans into capital

By Doris C. Dumlao

RP's outstanding debt declines to ₱3.9T in Sept

By Michelle V. Remo

DMCI ordered to put $504M in escrow

MWSS wants payment for gov't stake in Maynilad in special account by Dec. 27

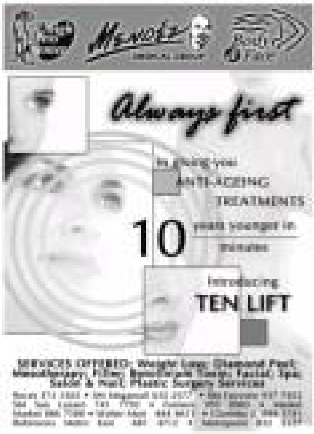








LIFESTYLE



WELL AND GOOD
Tina Juan

Different kinds of gym bullies

[illegible]

Lone wolf

[illegible]

Mob rule

[illegible]

Moody

[illegible]

'Nice'

[illegible]

Accidental

[illegible]

DIFFERENT C4

EXERCISE OF THE WEEK

External rotator cuff with rubber band

[illegible]



Equipment

[illegible]

Exercise technique

[illegible]



Performance tips

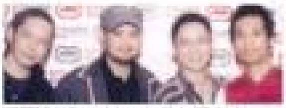
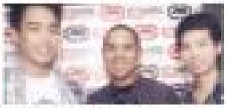
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Repetitions

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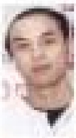


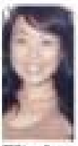
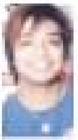



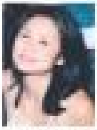



Launching a name that echoes throughout the world





Without Batting an Eyelash





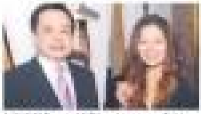


L'Opera's 12

Nostalgia














Art of living for good health

INNER AWARENESS
Jaime T. Licauco

When I joined the basic Art of Living (AOL) seminar, I didn't know what to expect. I knew almost nothing about the course, except that it was started by an Indian guru named Sri Sri Ravi Shankar.

The only Ravi Shankar I knew was the internationally known sitar player. When an AOL volunteer named Bernadette Sanpers sent me a flyer about the course a year ago, I paid no attention to it. You see, I'm not a guru clipper and it seemed to be just another Indian meditation or yoga course. It turned out my initial impression was not entirely correct.

What got me into the program in the first place was mainly the insistence of businesswoman Julie Ang, whom I met in Cagayan de Oro during one of my seminars there. She took the AOL course and it changed her life.

She wanted me to take it, too, and even offered to sponsor me. "What have I got to lose?" I told myself. The next problem was finding the time to be free for five evenings and the whole day of the sixth.

Unexpectedly my schedule cleared up when the AOL seminar was to be held. It was to be conducted by Hong Kong-based AOL teacher Rishi Rash, whom I never heard of and whose background and qualifications I knew nothing about.

Impressive

But I couldn't resist the curiosity because I saw a lot of Ravi Shankar books all over India when I was there last September. I also found out that the AOL seminars were being held in 150 countries all over the world. That was quite impressive.

During the first evening, held at the Shangri-La Hotel in Makati, I saw familiar faces, some former students of mine and old acquaintances. Others were readers of this column. The rest I was meeting for the first time.

Like me, most of them knew nothing about the course or what happened there. They attended because they were persuaded by friends, relatives and graduates of the course. I learned that most of the work of the AOL Foundation was done by volunteers, including the teachers, who were not paid.

Rash gave very little hint of what would happen during the course. She started right away with the exercises after a very brief introduction. Like lambs being led to the slaughter, we all just followed the instructions on faith.

There were simple yoga stretching exercises and then we were introduced to the breathing techniques which were at the core of an AOL basic training program.

Breathing for health

As a whole, the breathing technique is called Kriya. It consists of some very simple breathing protocol or rhythm meant to improve health in all levels: physical, mental, emotional and spiritual.

We were not told of these effects until later in the course. We were asked just to observe the results, experience them for ourselves before we were given the rationale or explanation for them.

This was frustrating at first, but I played along and quietly obeyed instructions without protest or questions.

One thing more, we were asked to refrain from eating meat, smoking or drinking alcohol for six days. One lady participant was relieved that the prohibition did not include sex.

The effect of the first day breathing was very good. I felt completely relaxed and at peace; my blood pressure, usually elevated, dropped even before I took my regular medication. My head cleared up.

So I attended the next day and the next, completing the sixth day to my great surprise and astonishment. I rarely could finish a course that long. But I made it!

What made me and the rest of the 40 participants (who were divided into morning and evening classes) stay the course? The testimonials on the sixth day said it all. Everybody found the program beneficial one way or another.

Two women said their insomnia was cured and they could now sleep without need for a pill. Others said they became less irritable and more at peace with themselves. A businesswoman said she became more tolerant of her employees' mistakes, and so on.

The effects the participants reported are borne out by the All India Institute of Medical Sciences in New Delhi. The regular practice of the breathing exercises called Sudarshan Kriya and Pranayama, according to scientists, lowered the bad and increased the good cholesterol level; decreased blood cortisol and blood lactate levels (both associated with anxiety and stress); increased beta brain wave activity on the left frontal, occipital and midline regions of the brain indicative of heightened awareness.

They also found that people suffering from depression and other negative emotional and mental states were greatly relieved through regular practice of these techniques.

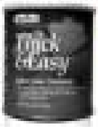
I find that the AOL Seminar complements, and does not contradict, the Inner Mind development seminars that I teach.

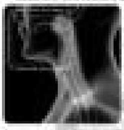
Visit www.artofliving.org.ph. For inquiries about Mind Development seminars, call 8107245 or 8926489.



COCONUT AND HONEY: Hearne's Cure offers more than 20 coconut and honey-enriched food and non-food products. Both coconut and honey have been found in some studies to be useful supplements. In promoting the products, Hearne's Cure also hopes to help raise the standard of living of coconut farmers.

Thick & Easy keeps the balance in food for stroke and other patients







Inside Out
Cory Quirino

Should you starve yourself this Christmas?



More comfortable lenses



SARABIA Optical store at Rockwell carries a wide range of eyeglass frames and lenses.



Eat well for a healthy holiday season



HEALTHY Options news digest celebrates the holidays with a special issue on "Eating Well."

Australian wellness products



Gov't doctors hold annual convention

Different kinds of gym bullies

Entertainment



CHRISTIAN Bautista, Angel Locsin and Richard Gutierrez in "Mano Po 5".

Sunshine says she's not bothered by Buboy & Gwen's steamy scenes

DOLLY WOOD



Dolly Anne Carvajal

'Mano Po 5'

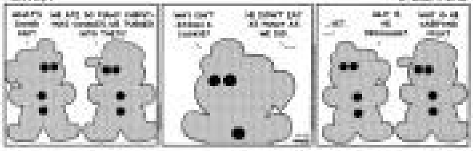
F.Y.I. (For Your In-dulgence)

CHEER FACTOR

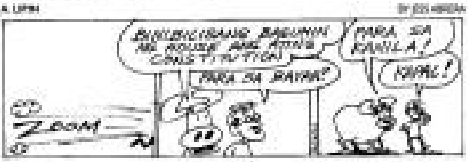
Something about Mary

Kind of funny

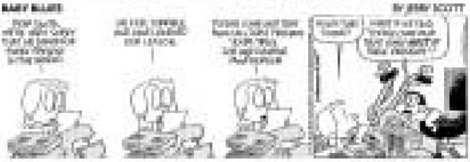
FOXTROT — BY BILL AMEND



A. LIPIN



BABY BLUES — BY JERRY SCOTT



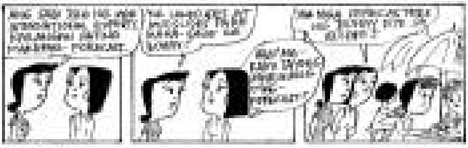
PUGAD BABOY



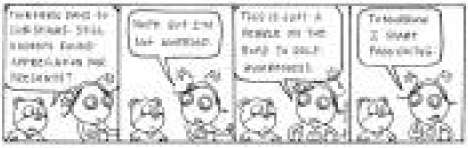
MUTTS — BY PATRICK McDONNELL



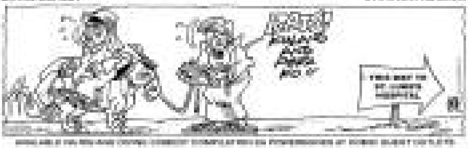
BY ELIZABETH CHIONGLO



ATOMO AND WEBBY — BY LYRA GARCELLANO



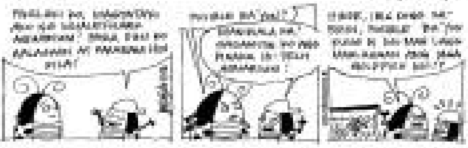
DIVINE COMEDY — BY STEVEN PABALINAS



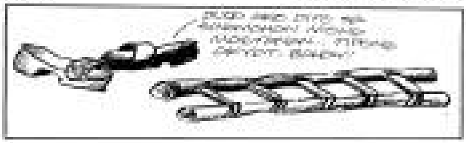
KIKO MACHINE — BY MANIX ABRERA



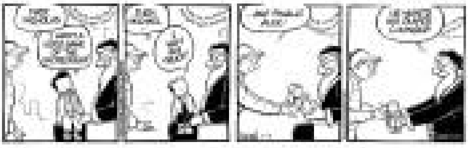
BY JOHNNIE TEJIDO



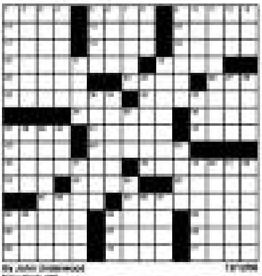
TULDOK

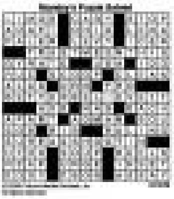


BY DANIEL SHELTON



DAILY CROSSWORD





HOROSCOPE

CONCEPTIS SUDOKU

Conceptis Sudoku — by Dave Green

				9	7		4	
1			5				8	9
		1	7				6	5
2		4	8	3	5	1		7
5	9				6	4		
6	7				1			3
	3		9	8				

Difficulty Level ★★

HOW TO PLAY SUDOKU

Answer to previous puzzle



CONTRARY TO POPULAR BELIEF, BEING THE MOST-READ PAPER DOESN'T MAKE US SPECIAL.

INQUIRER

Separated by work





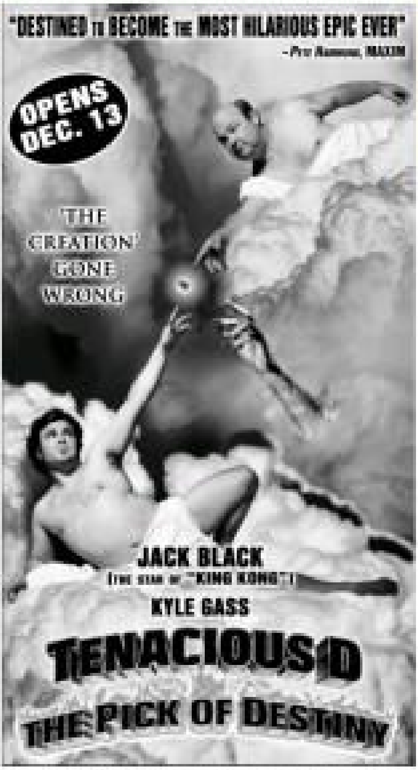
Christ's birth lovingly recalled

VIEWFINDER
Nestor U. Torre



Fresh approach

Predictable







A picture perfect campaign